



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 20038, Oats

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	8.22	--	0.380	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	389	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1628	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2005
Protein	g	16.89	50	0.326	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	6.90	--	0.705	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	1.72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	66.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	10.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
<strong>Minerals</strong>													
Calcium, Ca	mg	54	--	2.526	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	4.72	--	0.137	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	177	--	7.132	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Phosphorus, P	mg	523	--	18.845	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	429	--	21.539	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	3.97	--	0.180	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.626	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	4.916	--	0.420	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.763	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Riboflavin	mg	0.139	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Niacin	mg	0.961	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Pantothenic acid	mg	1.349	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin B-6	mg	0.119	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folate, total	µg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folate, DFE	µg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	1.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
12:0	g	0.024	238	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.015	238	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	1.034	238	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.065	238	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	2.178	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.013	238	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	2.165	238	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Fatty acids, total polyunsaturated	g	2.535	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	2.424	238	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.111	238	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.234	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.575	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.694	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	1.284	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.701	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.312	60	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.408	48	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.895	58	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.573	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Valine	g	0.937	59	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	1.192	58	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.405	57	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.881	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	1.448	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	3.712	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.841	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.934	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.750	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1995

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<b>Flavonoids</b>													
Isoflavones													
Daidzein <sup>3</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <sup>3</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <sup>3</sup>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <sup>1 2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <sup>1 2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <sup>1 2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <sup>1 2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <sup>1 2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

<sup>1</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521

<sup>2</sup>Hellström, Törrönen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906

<sup>3</sup>Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. **Daidzein and genistein content of cereals**, 2002 Euro. J. Clin. Nutr. 56 pp.961-966